

THE WILDEST LOOKS AT THE MTV VMAs

THESE CELEBS WENT A LITTLE TOO FAR. PAGE 21

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Man in Black

Vocation. Jozeph Ukaj is entering the seminary as the Archdiocese of New York experiences an uptick in men studying for the priesthood.

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Jozeph Ukaj is studying for the priesthood. / BESS ADLER, METRO

Caped crusaders clean up school

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Why one New Yorker decided to leave secular life and become a priest

Calling. Jozef Ukaj, 27, recently decided to join the seminary.

Jozef Ukaj is silent in the chapel of St. Ann's Church in Yonkers, mindful not to jangle the keys he's holding or speak above a whisper even though the chapel is empty as he turns on the lights.

Last week Ukaj, 27, was preparing to do something he never would have imagined growing up in Kosovo and Germany: entering the seminary and starting the eight-year journey toward becoming an ordained priest.

Ukaj said he started going to church again about two years ago after not going to church at all for the seven years before.

"There wasn't one specific moment, more of an inherent feeling ... just something in my heart that I heard," Ukaj said.

Then about a year and a half ago, he started contemplating becoming a priest, and three months ago took the plunge and decided to join the seminary. He's expecting to spend the next eight years in school, the first four working toward his bachelor of philosophy degree at St. John's University, and the last four on his master of theology at St. Joseph's Seminary in his hometown of Yonkers.

"It was more of a relief, not a shock, because I did not want this, I had been fighting this for about a year and a half. Once I actually gave in, I felt a heavy burden lifted," Ukaj



Jozeph Ukaj is studying to become a priest. / BESS ADLER

Quoted

"God has his own schedule ... It's not for me to decide."

Ukaj

said of his recent decision.

Ukaj said his family and friends have been overwhelmingly supportive of his decision, and that he's starting his journey much sooner than the usual yearlong process to enter the seminary.

"God has his own schedule ... It's not for me to decide," Ukaj said. He

moved in to the Immaculate Conception Seminary on Friday.

Ukaj and the other young men in his class are part of an increase in men joining the seminary in New York City. Last year, the Archdiocese of New York ordained 12 men as priests.

"It is our biggest number of new priests in years," said Joseph Zwilling, director of communications for the archdiocese. "We continue to work to make the number even higher, but we have noticed something of an upswing."

In Philadelphia, where Pope Francis will host the World Meeting of Families next month, priesthood is on the rise as well.

The Archdiocese of Philadelphia said earlier this month that enrollment is up 21 percent since last year, rising to 145 new students at St. Charles Seminary from 120 in 2014, a rise they attribute in part to the pope's visit.

"I don't know if it's anything Pope Francis said that caught my ear, but maybe through his leadership, through his prayer, I got the inspira-

tion, who knows," Ukaj said. "Catholicism means 'universal,' so I think it's universal prayer that help young men discern, not one specific person."

Ukaj said he and his priests-to-be brothers are promised a spot when Pope Francis celebrates mass at Madison Square Garden on Sept. 25.

"I'm excited," Ukaj said. "He's a good speaker, a gentle man and he has the best interest of people in mind."



WENDY JOAN BIDDLECOMBE
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SEPTEMBER 23 8/7c

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Crusaders in capas clean up

Do-gooders.

Bed-Stuy school
gets hand from
Hell's Kitchen gym
heroes.

Nine days before the first day of class, the halls of Samuel C. Barnes Elementary School in Bed-Stuy are already bustling.

Principal Anthony Pirro surveyed hallways with a canary yellow cape around his neck as some 50 volunteers from all over the city helped clear out classrooms in the five-story building.

"It's a fresh start," said Pirro, who will open the doors of the magnet school as its new principal on Sept. 9. It's a new beginning only made possible, he explained, with the help of a group of people with little more in common than the fact most of them are workout buddies.

The cleanup effort came together with the help of The Uprising — a nonprofit born in April out of a Broadway-oriented boutique gym in Hell's Kitchen specifically designed to give back.

Uprising Executive Director and Co-Founder Talia Corren likened the organization's community work to approaches to healthier living taught at Mark Fisher Fitness, the nonprofit's parent entity.

"Small changes every day over a long period of time can make a difference," she told Metro. "You can be charitable and give back just by making those small changes, even if it means four hours one Sunday."

Corren, like Pirro, donned her own cape as they helped volunteers take stock of materials in the 25 or so classrooms in need of decluttering.

Those underused rooms inside the school focused on environmental science and community wellness, Pirro said, are suddenly freed up to become labs and learning spaces that align with the school's STEM-based curriculum.



Principal Anthony Pirro and volunteers gather at P5 54 to clean out and sort classrooms that are stuffed to the gills with old materials. / MILES DIXON, METRO

Quoted

"Small changes every day over a long period of time can make a difference."

Corren

The school wasn't The Uprising's first community-oriented project; previous events had volunteers — also referred to as everyday superheroes, hence the capes — repaint the Ali Forney Center for homeless LGBT youth and work with inner city kids theater 52nd Street Project.

It was, however, a unique proposition. Pirro reached out to the nonprofit through his wife, an Uprising member. The Uprising then sent out a clarion call for help. Almost 100 people responded — half of whom took a morning shift bright and early at 9 a.m., while the other half arrived in the early afternoon.

Volunteer Sue Berch said she felt compelled to sign up for both shifts despite living in Manhattan. She explained that her mother was born only two blocks from the school; her father was a public school teacher from Brooklyn.

"One of my neighbors who I grew up with gave me grief about doing it and asked why we don't just call the superintendent

and ask why they aren't doing their jobs," Berch said. "I told them they didn't get it — it's about being part of a community. It's the way it used to work, too."

Standing nearby, Pirro agreed: "That's what we're going back to."

Pirro got approval from the Department of Education to have the volunteers in the building, and explained that principals are generally given leeway on how they prepare for the school year — cleanup included.

The teachers under his care were more than grateful for Pirro's leadership and idea to bring in willing, able bodies to get the school ready.

Claudette Reid wore a dust mask as she sorted out the back of what would soon be her new prekindergarten classroom. Stacks of papers, books and toys that took over students' cubbies over the years now sat in sorted stacks.

"I found charts that I did 10 years ago," said Reid, who has worked at the school for the last 25 years and now found herself with five volunteers clearing out the room.

"There's no way I could do this alone," Reid added.



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Mural adds new faces to block in Sunset Park

Unveiling. New mural outside nonprofit center inspires residents to look ahead.

A once-blank facade of the nonprofit Turning Point Brooklyn is now a vibrant, living canvas in Sunset Park.

As its colors stand out among the brick and concrete row of three- to four-story buildings on Fourth Avenue, the mural — titled “We Come from the Future” — blends a sense of hope and possibility for 24-year-old Danielle Ruiz.

“It brings something out and for people to stop

and to look at,” Ruiz said at its unveiling on Aug. 29.

The parachute cloth mural features Ruiz’s face in the red, orange and yellow hues, along with profiles of her mother and 3-year-old daughter. “It’s beautiful to see three of our faces on the wall. I’m pretty excited to just walk by sometimes and see it,” says Ruiz.

Other faces on the mural include a portrait of a 12-year-old Muslim girl asking for justice while wearing her head scarf.

Selected by Turning Point as well as local partners including multiethnic community group UPROSE, the mural showcases faces representing people from different parts of the world, from China

Quoted

“She wanted a wall and she came to us.” Traore-Rogers

to Jamaica and Palestine to Puerto Rico.

The mural symbolizes not only the nature of Sunset Park’s melting pot, but also serves as a powerful message for New Yorkers passing through Turning Point, said its Executive Director Tata Traore-Rogers.

Many of those visitors are homeless and stop in for a quick shower through Turning Point’s aptly named “Shower Project,” while others seek longer-term treatment for substance abuse problems. A



Brooklyn artist Vaimoana Niumeitolu at the unveiling of her mural at the Turning Point Education Center. / TRACY LEE

few come by for HIV/AIDS testing, and a number visit for counseling for a range of health and mental health issues.

But all of them could use a helping hand, including William Cotto.

“I needed a GED,” Cotto, 34, said at the mural’s unveiling. “I’m a single father and have custody of my son, and I wanted to go to school ... I just wanted to be an inspiration to him.”

Cotto visited the Turning Point offices at 39th Street near Fourth Avenue

almost two years ago, when he began to visit its education center and attend adult classes.

Cotto soon passed the GED test, he said, forever changing the course of his life. Cotto now spends his days as a peer educator for the same group that helped him.

The mural Cotto stood in front of was two and a half years in the making for local artist Vaimoana “Moana” Niumeitolu, whose previous artistic expressions have been wit-

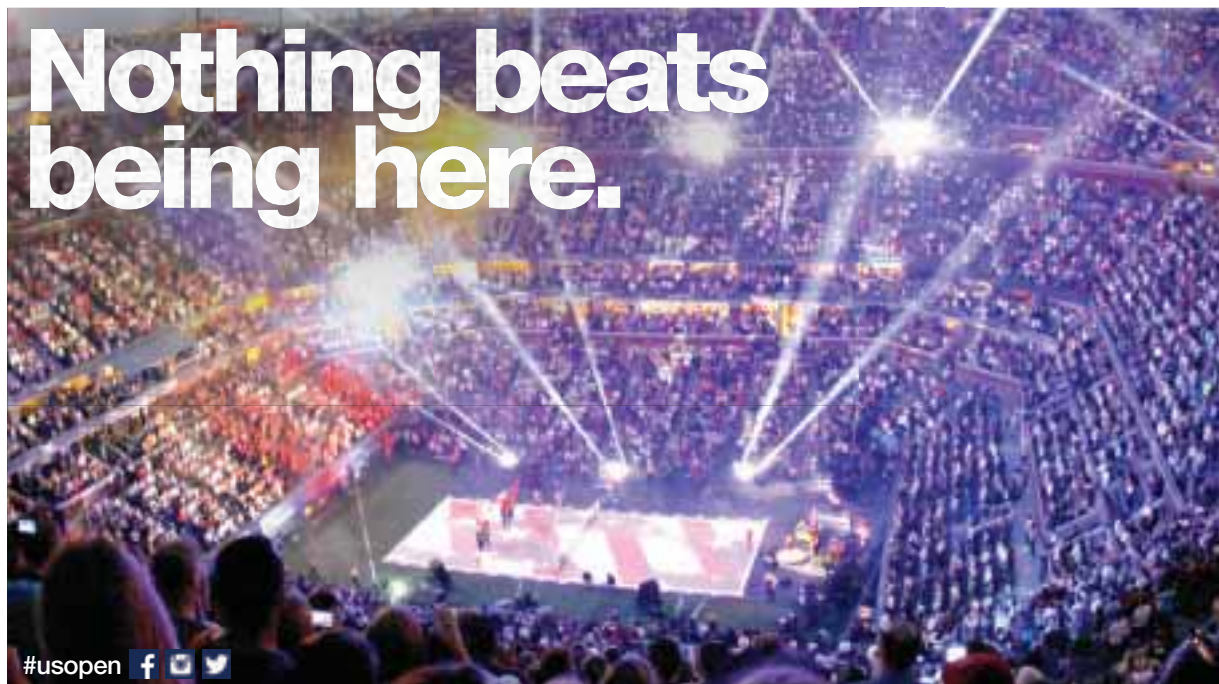
nessed as far away as Cape-town, South Africa, to as nearby as the Bronx.

“She wanted a wall,” Traore-Rogers said, “and she came to us.”

Niumeitolu said each face carries the intergenerational theme that pinpoints the family bond found in Sunset Park.

“Each story has a special meaning for me,” Niumeitolu said.

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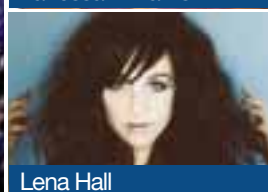
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Road deaths

Two men dead
after Queens
car crashes

Two men died after being struck by cars in Queens early Saturday morning, police said. A 34-year-old man, who was attempting to cross the Long Island Expressway on foot around 169th Street,

was struck and killed by a 2015 Toyota Suburban, cops said.

The driver tried to brake and swerve away, but wound up hitting the man as he ran from the center dividing wall into traffic, according to police. The driver remained at the scene.

EMTs removed the man to New York-Presbyterian Queens

hospital where he was pronounced dead. Police are withholding the man's identity until his family is notified.

The second victim was 22-year-old Stephen John Salmon of Laurelton, Queens.

Salmon was traveling westbound on 140th Avenue on a motorcycle when a Toyota Highlander making a left

turn onto the avenue, struck him, police said.

The 45-year-old driver of the Toyota remained on the scene after the collision.

According to the NYPD, Salmon was not wearing a helmet at the time of the accident; EMTs took him to Jamaica Hospital where he was pronounced dead.

KARINA E. CUEVAS



Participants at Lincoln Center's Silent Disco at Woodlawn Cemetery. / KARINA CUEVAS

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Tombstone
two-step

Cemetery Salsa.

Lincoln Center's
Silent Disco was
held Sunday in
historic Woodlawn
Cemetery.

Putting a whole new spin to the phrase "dancing on someone's grave," Woodlawn Cemetery hosted Lincoln Center's Silent Disco event Sunday evening.

More than 200 partygoers grooved in the graveyard for the ultimate event celebrating Bronx Salsa Month.

"What better place to have a silent disco at than the final resting place of musical luminaries?" said Olga Luz Tirado, executive director of the Bronx Tourism Council. "Celia Cruz is interred here, Miles Davis is interred here, Duke Ellington. Woodlawn is really a go-to place for a lot of Bronx sights, just to come here and walk around and be at peace."

The event had three DJs playing music into the headphones participants wore on the dance floor. Guests then had the option of switching channels from one musical genre to another while taking in the surrounding sights in the 400-acre cemetery.

This is the first year Lincoln Center took the events to all five boroughs after trying it out in Queens in 2014. Before that they had hosted the events in Manhattan as part of Midsummer Night's Swing.

"People like to experience Lincoln Center in their backyards and it was

so much fun last year," said Jill Sternheimer, director of public programming at Lincoln Center. "There were over 1,000 people that cycled through [in Queens] last year."

For Woodlawn the event meant an opportunity for people from all over New York City to visit an historic landmark that has been around for 150 years, and maybe even go back to enjoy a tour by one of their historians.

Although the family-friendly event was brought to Woodlawn as an ode to those greatly admired and departed musicians, some had reservations and felt that going to a cemetery to dance was disrespectful.

"The different reactions that we got from some people since it's in a cemetery was that's so disrespectful," said Tirado. "But some people were saying 'how cool' and others said 'of course it's going to be Woodlawn' since they know Woodlawn, they do all sorts of events here."

Yet those on the dance floor enjoyed a night of loud music in their ears and silent dancing, such as Bronx Borough President Ruben Diaz Jr., who joined a crowd of young adults as they raised their hands in the air.

"I like it," said Lissette Reynoso, 47, who resides in the Bronx. "It's a different venue, a little bit eerie, but it's different."

The last Silent Disco will be on Sept. 3 at Hunters Point South Park in Long Island City, Queens.

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Christie says criticism of immigrant tracking is 'ridiculous'



Christie said he would ask FedEx Chief Executive Officer Fred Smith to devise the tracking system. / GETTY IMAGES

Christie. He sought to draw a distinction between his proposal and Trump's idea on how to deal with illegal immigrants.

Quoted

"We should bring in the folks from FedEx to use the technology to be able to do it. There's nothing wrong with that." Christie

New Jersey Governor Chris Christie pushed back on Sunday against "ridiculous" criticism of his new proposal to track foreign visitors the way FedEx tracks packages, saying government needs private sector expertise to tackle illegal immigration.

"I don't mean people are packages, so let's not be ridiculous," the Republican presidential candidate told an interviewer on Fox News Sunday who pointed out that foreigners don't have labels on their wrists.

"This is once again a situation where the private sector laps us in the government with the use of technology," Christie said.

Christie said on Saturday that if elected presi-

dent, he would use a FedEx-like system to make sure visitors who enter the United States legally on visas depart the country when their time is up. The governor, who is running well behind among the 17 contenders in the Republican White House race, sought to draw a distinction between his proposal and what he called Republican frontrunner Donald Trump's "simplistic" idea on how to deal with an estimated 11 million illegal immigrants in the U.S.

"I've put forward a much more detailed proposal than that," said Christie, adding that the presidential race was "not only about personality. It's also about ideas. And it's about who can get it done." **REUTERS**

Texas

University moves statue of Confederate president Jefferson Davis

The statue of Confederate president Jefferson Davis was moved from its prominent place on the University of Texas campus in Austin on Sunday, accord-

ing to footage published on social media and by Austin American-Statesman.

Crews could be seen in the images and videos wrapping the larger-than-life bronze figure and using a large forklift to remove it from its pedestal.

The university said the figure would be refurbished and moved to an exhibit in the school's Briscoe Center for American History.

The southern Confederacy seceded from the United States in 1861, in large part to defend the practice of slavery, prompting the bloody four-year U.S. Civil War.

A wave of opposition to the display of Confederate symbols in public places swept the United States after nine black people were murdered in a South Carolina church on June 17

by a white man who was pictured on social media with the Confederate battle flag.

The campus has several monuments to the Confederacy and its leaders, which will remain on public display, due in large part to a wealthy benefactor named George Washington Littlefield, who fought in the Civil War with "Terry's Texas Rangers." **REUTERS**

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Nawaz Sharif

Obama invites
Pakistan PM
Sharif for
October visit

President Barack Obama has invited Pakistan's prime minister, Nawaz Sharif, for a meeting at the White House on Oct. 22, the U.S. National Security Council said on Sunday.

The invitation came during a visit to Islamabad on Saturday and Sunday by National Security Adviser Susan Rice to meet with Sharif and senior officials, the NSC said in a statement.

"Ambassador Rice commended Pakistan's support for recent talks between the Afghan government and the Taliban, underscored the U.S. com-

mitment to an Afghan-led peace process, and urged Pakistan to intensify its efforts to counter terrorist sanctuaries inside its borders in order to promote regional peace and stability," the NSC said.

A senior U.S. official said on Saturday that the meeting was intended to "advance our mutual interests and address areas of concern, particu-

larly terrorist and militant attacks emanating from Pakistani soil."

Rice also met with civil society leaders and "commended their work in support of human rights, development, and civil liberties in Pakistan and affirmed continued strong U.S. support for their invaluable efforts," the NSC statement said.

REUTERS

Horror. Unprecedented migrant crisis forces EU to seek answers



An exhausted Syrian is dragged out of the water after swimming the last 165 feet to shore as migrant families from Syria arrive in an inflatable dinghy on the beach of the island of Kos after crossing a three-mile stretch of the Aegean Sea from Turkey. /GETTY IMAGES

European Union ministers were summoned on Sunday to meet in two weeks' time to seek urgent solutions to a migration crisis unprecedented in the bloc's history, as the mounting death toll on land and sea forced governments to respond.

Luxembourg, which holds the rotating EU presidency, called interior ministers from all 28 member states to an extraordinary meeting on Sept. 14, saying, "The situation of migration phenomena outside and inside the European Union has recently taken unprecedented proportions."

German Chancellor Angela Merkel earlier called on her EU neighbors to do more as Germany expects the number of asylum seekers it receives to quadruple to about 800,000 in 2015.

"If Europe has solidarity and we have also shown solidarity towards others, then we need to show solidarity now," she told reporters in Berlin. "Everything must move quickly."

Luxembourg said the meeting would focus on policies on sending some migrants home and measures to prevent human trafficking.

Seven people died when their boat sank off

Deaths

2.5K

At least 2,500 migrants have died since January, most of them drowning in the Mediterranean after arduous journeys fleeing war, oppression or poverty in Syria and other parts of the Middle East and Africa or beyond.

Libya's coast on Sunday, the second such fatal accident at sea within days. The Italian coast guard said some 1,600 migrants had been rescued in the Mediterranean and brought to Italy over the weekend.

The horrors faced by migrants were brought to the heart of the European mainland on Friday when 71 bodies, including those of a baby girl and three other children, were found in an abandoned refrigeration truck in Austria.

The dead, believed to be refugees from Syria or possibly Afghanistan, had been packed into the truck with just 10 square feet of space per five people, police said on Sunday, as initial forensic tests indicated they had suffocated.

Hungarian police arrested a fifth suspect, a Bulgarian citizen, in connection with the deaths. Three Bulgarians and one Afghan have already been arrested. REUTERS

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The Foreman Forecast

TOM FOREMAN

TOM FOREMAN IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY."



Politics is always the biggest game in DC, but it gets super heated every time school resumes and autumn looms. The politicos come back from vacation ready to rumble. So start the timer, it's "game on!" and that's the theme of three things to watch this week.

1. FAMILY FEUD: One thing remains utterly unchanged by the Democratic National Committee's summer meeting: As far as establishment Dems are concerned, there is Hillary Clinton in the 2016 race and then there is ... well, no one else. The DNC has struck a new fundraising deal with Camp Clinton to counter an expected avalanche of money on the Republican side, but that is just fueling the fury of liberals who see it as another step toward anointing Clinton. Watch for Bernie Sanders, Lincoln Chafee, Martin "yes-I'm-still-running"



O'Malley and supporters of Joe "no-I'm-not-running-yet" Biden to start making more noise about Clinton's persistent troubles in the polls.

2. SHARK TANK: On the GOP side, Donald Trump has had fun treating all his challengers like rookies, but remember he is the apprentice when it comes to big league campaigning. While he's still far ahead on points in the polls, he has had a few stumbles lately over things such as his favorite Bible verse and his assessment of support from the black community. You can bet that opposing campaign veterans have noticed, and will start pressing him harder on issues, hoping he might alienate hardcore conservatives.

3. DEAL OR NO DEAL: Oh, and while the fight for the Oval Office has been devouring all the headlines, opposition to the nuke agreement with Iran has been quietly beaten into submission up on Capitol Hill. It now looks like President Obama will walk off with the victory. Johnny, tell him what he's won.

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GETTY IMAGES

Team honors fan who died in fall

An American flag was lowered to half-staff on Sunday in memory of a fan, Greg "Ace" Murrey, who fell to his death at the game between the Atlanta Braves and the New York Yankees on Saturday night. He fell from the upper level of the stands and received emergency medical treatment for about 10 minutes at Atlanta's Turner Field and was given CPR before being taken to Grady Hospital. A witness said he lost his balance and fell about 50 feet below to the concrete. **REUTERS**

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Five things you need to know

Man faces capital murder charge in killing of Houston deputy

Sheriff's deputies on Saturday arrested a 30-year-old man who will be charged with capital murder in connection with the shooting death of a deputy at a suburban Houston gas station, a killing the sheriff tied to anger against police.

Shannon Miles was picked up for questioning early on Saturday following the Friday night shooting, which was captured on surveillance video, Harris County Sheriff Ron Hickman told reporters. He noted that Miles is black and has a history of prior arrests for trespassing and resisting arrest.

Earlier on

Saturday, Hickman had linked the shooting of deputy Darren Goforth, who was white, to anti-police rhetoric across the country in the wake of deaths of unarmed black men at the hands of white officers.

On announcing the charges against Miles later in the day, Hickman said the department assumed Goforth was "a target because he wore a uniform."

Hickman said a handgun had been recovered and that a ballistics test matched it to bullets recovered from the scene.

Goforth, a 10-year veteran of the force, was pumping gas into his patrol car when the gunman approached from behind and shot him in the back, then shot him several more times as he lay on the ground, sheriff's officials said. **REUTERS**

RON HICKMAN

Two dead after storm slams Washington state

A powerful windstorm toppled trees, killing two people in Washington state as work crews scrambled on Sunday to restore power to 450,000 customers, a TV report showed.

A father driving with his three-year-old daughter in Gig Harbor, just west of Tacoma, was killed on Saturday when a tree fell on his car, KOMO 4 TV reported.

Within two hours, a falling branch struck and killed a 10-year-old girl in Federal Way, just east of Tacoma, the television station reported.

Gusting winds were blamed for massive power outages affecting as many as 450,000 customers. **REUTERS**

Boeing uses its clout to control supplier consolidation

Berkshire Hathaway's \$37 billion deal for aerospace supplier Precision Castparts is encouraging investors to consolidate the fragmented aircraft components industry, even as Boeing uses its clout as the world's biggest plane maker to put a check on some deals.

Berkshire chief Warren Buffett isn't alone in seeing potential for profits from rising demand for commercial aircraft. Private equity and strategic buyers have been pouring into the sector, and foreign companies such as China's AVIC and Senior PLC of the U.K. have recently been prowling for deals, bankers and company executives said. **REUTERS**

Hurricane Ignacio strengthens but forecast to just miss Hawaii

Ignacio intensified to a major Category 4 hurricane as it blew across the Pacific on a route likely to bypass Hawaii on Monday, the U.S. Central Pacific Hurricane Center said.

Packing potentially destructive winds of 140 miles per hour, the hurricane was about 450 miles east of Big Island of Hawaii moving north-northwest at 9 miles per hour, the center said.

With hurricane force winds extending 30 miles from its center, waves as high as 20 feet could be expected on Monday. **REUTERS**

Iran nuke deal now backed by 31 senators

Senator Jeff Merkley, a Democrat from Oregon, said on Sunday he would support the nuclear deal with Iran.

"I believe the agreement, titled the Joint Comprehensive Plan of Action, is the best available strategy to block Iran from acquiring a nuclear weapon," Merkley wrote in a statement.

President Barack Obama is trying to muster 34 votes in the Senate to ensure lawmakers cannot kill the deal. Thirty-one senators, all Democrats and independents who vote with Democrats, have now said they will support it. **REUTERS**

MERKLEY



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“Fraction Of An Inch”

Success And Failure With Popular

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer

Manhattan - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from *real medical treatments*.

That's also why no ethical doctor would promise or

guarantee ANY results... for ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

Viscosupplementation.

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in New York City. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

“All Doctors Are Human And Sometimes They Mess Up”

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227-KNEE (5633)** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

Before Treatment

Painful Knee Joint
Riddled With Arthritis



Successful Treatment

Exact Placement Of Lubricating Gel
When Using Advanced Imaging



Failed Treatment

Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure



Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

Shoulder Arthritis Treatments Keeping Boomers Active Into Their 60's, 70's Even 80's?

If you suffer with painful shoulder arthritis — science may have finally found the answer you've been looking for.

Here is why: Researchers have discovered a natural gel like medicine that is like "joint oil." This all-natural gel is one of the naturally occurring lubricating substances in your shoulder joint that cushions and lubricates the joint which dries out over time due to wear-and-tear, age or injury. But when doctors precisely place this lubricating gel into your shoulder joint by using advanced digital imaging technology — it is like putting oil on a rusty door hinge. It lubricates the joint and can decrease pain and stiffness. For some, results can be dramatic and last for months. Years for some. Often times shoulder surgery can be avoided.

Know this: This is NOT a supplement you can buy over the counter or on the internet. This is a REAL medical treatment that must be given by a trained health care professional.

And the great news is: There is a free report and information kit available that tells you everything you need to know about this treatment. It also tells you all about cutting-edge medical clinics right here in New York City that are offering this cutting-edge treatment with tremendous success.

To get your information kit or to schedule a No-Obligation Risk Free Shoulder Screening simply call 800-627-PAIN (7246).

British-born doctor. Neurologist, author Oliver Sacks dies at age 82

Oliver Sacks, the neurologist who studied the intricacies of the brain and wrote eloquently about them in books such as "Awakenings" and "The Man Who Mistook His Wife for a Hat," died on Sunday at the age of 82, his personal assistant said.

The British-born Sacks, who announced in February that he had terminal liver cancer, died at his home in New York City at 1:30 a.m. with his partner, the writer Billy Hayes, and his personal assistant, Kate Edgar, at his side, Edgar told Reuters.

"He definitely wrote to the very end," said Edgar, noting Sacks in his final days never stopped penning a legacy that will be published posthumously and may include "several books."

NYU School of Medicine, where Sacks taught, said in a statement mourning his death that his "breakthrough work" in the fields of neurology



Oliver Sacks / GETTY IMAGES

Quoted

"The brain is the most intricate mechanism in the universe ... I couldn't imagine spending my life with kidneys."

Sacks said in People Magazine

and neuropsychiatry led to important understandings in these fields.

"Equally important, his prolific, award-winning writing touched the lives of millions around the world," NYU said.

Sacks was called "a kind of poet laureate of medicine" and "one of the great clinical writers of the 20th century" by The New York Times.

Using a typewriter or writing in longhand, Sacks authored more than a dozen books, filling them with detailed, years-long case histories of patients

who often became his friends. He explained to lay readers how the brain handles everything from autism to savantism, colorblindness to Tourette's syndrome, and how his patients could adapt to their unconventional minds.

Sacks wrote about the patients in the 1973 book "Awakenings," the basis of the 1990 Oscar-nominated movie of the same name, starring Robin Williams as a character based on Sacks and Robert de Niro as one of his patients.

REUTERS

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2 CULTURE



Twitter feed

Today, Chris Rock is impressed, Kirstie Alley apparently has limited options and Iggy Azalea is getting a jump on things.

@chrisrock: And the academy award goes to straight outta Compton. Best movie of the year. Jason Mitchell must get nominated

@kirstiealley: I for one WANT to own a gun to target shoot. And I WANT the right to protect myself without using a butter knife

@IGGYAZALEA: Im already planning my halloween costume.



Pretty sneaky, Sandy.

Sandra Bullock's got a new man

Sorry, guys. Sandra Bullock is taken. The Oscar-winning actress has been pretty quiet about her personal life since her marriage to Jesse James imploded back in 2010 and she adopted son Lou is that same year. Now People magazine reports that she's been quietly dating photographer and model Bryan Randall for

"several months." Several months! Several! Things are apparently going so well between the couple — who were spotted out having a romantic dinner late last week — that Bullock reportedly brought Randall along as her date to Jennifer Aniston and Justin Theroux's secret backyard wedding earlier this month.

THE WORD

Ned Ehrbar takes on the world of gossip.

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Daily video

GoPro: Grizzly Bear Slap

Hey, here's a fun idea! Let's just leave a GoPro on the beach in Alaska near some grizzly bears and see what happens. So what does happen, exactly? Well, a little curiosity, some investigation and then ... a camera slap that Sean Penn would be proud of. That bear clearly does not want to be filmed, OK?



@GOPRO/YOUTUBE

Robin Wright re-cancels engagement



It's shocking because they looked so happy. / ALL PHOTOS GETTY IMAGES

I'm starting to have trouble keeping up with this one. So: In January 2014, "House of Cards" star Robin Wright and boyfriend Ben Foster announced they were engaged, but by November of that year they'd called it off. But then in January 2015 they were back together, with their plans to tie the knot back on and everything, reuniting publicly on the Golden Globes

red carpet. Well, apparently that didn't stick, as E! News reports that they've broken up and called off the wedding plans yet again. And apparently this time they've been keeping quiet about it, as the split reportedly happened a couple of months ago. Who wants to start taking bets about when they'll be back together? I'm going to go with in time for the Emmys next month.

'Star Wars' Facebook page shuts down sexism

So there's this character in the new "Star Wars" movie named Captain Phasma, and all we know about the mysterious character is that she's a high-ranking baddie in a chrome Stormtrooper uniform that comes with a kinky cape. Oh, and that she's played by "Game of Thrones" star Gwendoline Christie. But apparently some fans take issue with



STILL NOT SOLD ON THE "PHASMA" PART, THOUGH.

the character design already, as Facebook user Cody Paul commented, "Not to be sexist but it's really hard to tell that's female armor for me" on a photo of

Phasma. Well, whoever's handling the Star Wars Facebook page is awesome, because they replied simply, "It's armor. On a woman. It doesn't have to look feminine." Right on.



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The six craziest dressed at the VMAs

Anything goes at the MTV Video Music Awards, where breaking the rules is the only way to live. We round up the six celebrities who took the biggest risks on the red carpet last night. Head to metro.us to see even more VMA coverage, including the best and worst dressed. **EMILY LAURENCE**



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CIARA TAKES FRINGE TO A WHOLE NEW LEVEL IN THIS ANTI-BASIC BLACK DRESS.



FKA TWIGS SHOWS OFF HER KILLER BOD IN THIS DARING DRESS.

ALL PHOTOS GETTY IMAGES

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Labor Day. Let a fourth-generation beef man tell you how burgers should be done.

Summer is burger season, and not having a grill is no reason to keep letting Shake Shack do all the work.

To get you ready for Labor Day, we talked to Jamie Schweid, executive vice president at Schweid & Sons, a fourth-generation New York City ground beef empire that claims to sell nothing less than “the very best burger.”

Like any good businessman, he makes sure his product lives up to its reputation. That means Schweid, 36, still spends plenty of time standing over a fire, and he gave us some tips on how to make the most of your meat, wherever you’re cooking it.

The right beef

Opinions on the right cut of beef for a burger vary, which is why Schweid & Sons produces three different kinds: chuck brisket, USDA prime chuck and a butcher’s blend of chuck round and sirloin. Finding what works for you is the kind of science experiment you’ll be happy to repeat.

• **DON'T** skimp on fat. The minimum proportion you want is 20 percent, but 25 percent is even better. Remember, that’s where the flavor (and moisture) is.



A good burger takes patience, a light touch and good timing. / ALL PHOTOS PROVIDED

• **DO** go for grass-fed beef if you’re looking for something a little different. Schweid says the meat is gamier: “If you took both burgers, side-by-side with nothing on them, you’d definitely be able to taste the difference.”

Burgers vs. meatloaf

As far as seasoning, Schweid calls himself a purist and doesn’t hold with mixing pork or bread-crumbs into the patties. “It has to do also with the meat that’s used; if you’re using great quality ground beef, you really want to let the meat do all the talking,” he says. “You don’t want to add

too much to that ground beef because then you’re no longer in the realm of burgers — you’re making meatloaf.”

• **DON'T** overwork the meat, which is the other downside of mixing a lot of things into the burger; it’ll lose juice and change texture. This goes for when it’s on the heat, too — never flatten it with the spatula!

• **DO** get some kosher salt on both sides of the burger before throwing it onto the skillet or grill. This will help get that nice, crispy crust you’re looking for.

Don’t screw this up

Yes, everything else we’ve

Better burgers on a grill or stove



JAMIE SCHWEID

Claim to fame

Ramen Burger

Schweid & Sons provides meat to several restaurants in the city, including the patties for the Ramen Burger. They were referred by a fellow member of the “burger blogosphere” when the inventor of the dish, Keizo Shimamoto, was looking for the right patty.

“Initially, I was skeptical about the whole process, but once I took a big bite of the Ramen Burger, I was sold,” he says. “I’ve had multiple Ramen Burgers.”

• **DON'T** try to save time by cooking steaks with burgers. Steaks are thicker and need a higher heat, especially if you want a nice sear.

• **DO** try your hand at wood if you’re a professional “because what happens with wood is you get inconsistent cooking throughout the grill if you don’t properly lay the wood out.” Schweid prefers charcoal for its consistency when the coals are laid out properly.

How to know when it’s done

• **DON'T** be a savage and waste good burgers by cutting them open. Schweid uses what he calls the Face Method to test how done his burgers are, based

on texture. If the patty is soft like your cheeks, that’s medium rare; your chin is about medium, and if it has no give like your forehead, it’s well done. Don’t be that guy though — burgers want to be medium-rare for the most flavor.

• **DO** stop cooking the burger before it’s done. “When you’re taking the burger off the grill, it shouldn’t be the perfect temperature internally because, after you take beef off the grill, whether it’s steak or hamburger, it cooks internally for about two minutes. The process should be: Throw the burger on the grill, flip it once and then, when it’s done, put it on a bun.”



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Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.



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Interview. The “No Escape” star wants to do her thing and not be pigeonholed.

Right now Lake Bell is known as a comedic actress. She is and she isn't. She's done plenty of drama, and not just before she broke through into the mainstream with the voiceover comedy “In a World...”, which she wrote, directed and starred in. And she's done plenty of it since. She even stars in the new thriller “No Escape,” in which she and Owen Wilson play parents who arrive in an Asian country (they filmed in Thailand) right as a violent coup turns the city into a bloodbath, forcing two funny actors to become action stars.

This was one of your first big roles after “In a World...” It's strange that someone saw that and thought, “Put her in a serious action movie!”

Lake Bell: Action star



Lake Bell, with Owen Wilson, tries to survive a coup in an unnamed Asian country in “No Escape.” / THE WEINSTEIN COMPANY

I know, I know! [Laughs] That's why it's so badass, because they were like, “We're doing things our

own way.” I'm super-thankful they had the vision to say, “You know what, this person —

because she's unexpected in this action picture — becomes an interesting choice, as opposed to what we've seen before.” Sometimes you have to be bold in your casting.

You did the indie “Black Rock,” which is partly an action film too. How is it changing gears into action? Did you do your own stunts, like jumping across buildings?

One more thing

Where does the time go?

How do you find the time to do that stuff? Do you write at night?

I used to have a different system. Now that I have a baby, it's different. The terms always change. I'm still figuring it out. I can't write from home because I'm

way too obsessed with hanging out with my kid. I have to leave the premises in order to plug into a different brain. Writing for me is like taking care of myself. It's indulging in myself and allowing myself to create character and luxuriate in the fun of writing. I feel badly working sometimes — “Oh, I should be parenting right now.” [Laughs] But then I realize that to be a good parent, I have to take care of myself and accept that I need help. That's all part of growing up and figuring out how to juggle it all. So it's a work in progress!

Yeah, we totally did that stuff. Obviously we had doubles if necessary, but they wanted to show us doing everything. Part of what I think is unique about this movie is they're real people. The way we attack these stunts and how we navigate each event is not clean. It's very messy. It's very realistic. We're not all of a sudden superheroes, where we know how to jump. We don't know kung fu out of nowhere. It's almost an emotional action picture, where you're invested in

these people and their lives. They're not perfect. They have interpersonal problems. Annie and Jack have some things in their marriage they're figuring out. It's all very real.

You've done plenty of drama in the past. Do you feel you have to fight to get those kind of roles?

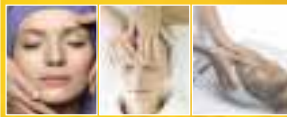
You know, I feel lucky that I don't feel too pigeonholed. I do jump around a bit, whether it's “Black Rock” or “Wet Hot American Summer” or a British romantic comedy [“Man Up”] or directing my own picture. I'm getting away with that. And now I'm a mom. I'm into lots of hats.



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Elisabeth Moss and Alex Ross Perry on teaming up

Interview. The star and the director of "Queen of Earth" praise the glories of collaboration.

Elisabeth Moss only had a supporting turn in "Listen Up Philip," last year's dark comedy about a writer (Jason Schwartzman) who dumps his girlfriend (Moss) as he achieves some success. But it didn't take long for her and filmmaker Alex Ross Perry to reunite — and with a bigger role. In "Queen of Earth," Moss plays Catherine, who, reeling from both a breakup and the suicide of her father, heads off for some R&R with a friend (Katherine Waterston) at a summer home. There she gets worse.

Elisabeth, you're a producer on this — your first such gig. How did that go?

Elisabeth Moss: What was cool for me was being involved from the very beginning, which has never happened before, and having a say in some stuff. I had a voice that was heard and listened to. It was the first time I ever watched the first cut of something and the first time I gave notes. I was like, "They're not going to listen to anything; it's probably stupid." [Laughs] But they took two of the notes, right?

Alex Ross Perry: Two of the three!

Moss: And that made me feel really good. People always say, "It was such a collaboration." But that's sometimes bulls—. This was a real collaboration. It felt like we were making something we both wanted to make and we both wanted to see.

"Listen Up Philip" was very dialogue-driven whereas "Queen of Earth" is filled with lots of silences and moments defined by body language and how the actors react in close-ups. The screenplay seems like it was filled with gaps to be plugged in by



In "Queen of Earth," out now, Elisabeth Moss plays a recent dumpee trying to find relaxation at the summer house of a friend (Katherine Waterston). / IFC FILMS

the actors.

Perry: That's very accurate. The script was not an outline, but it was my version of an outline — by someone who compulsively overwrites. There's an outline for a scene, but the outline is four-and-a-half pages, and the scene is three minutes. All the discussions we would have on set make it more than it could be if I just made it up on my own and forced people to memorize it.

Moss: There would be a paragraph that was almost like a little part of a novel, and it would be lovely to read. It would be what she was feeling or what was happening in the scene and what was happening in her head. And then I would go, "OK, I get this. So how do we show that?" I would need to show what he wrote, and he would step in as the director and help me to show that. It was truly a step-by-step collaboration in that way.



MATT PRIGGE
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One more thing

For the camera

The way this is shot is very interesting. Elisabeth, are you an actor who thinks a lot about where the camera is?

Moss: I appreciate it in the sense that I do like to visualize what it's going to look like. I do have an appreciation of cinema, so I like to know what kind of film I'm

fitting into. On "Listen Up Philip," Alex would talk about leaving the camera on an actor who's not talking while the other actors walk in and out of the room. It was always about moving. This was easier in a way, because I tend to be a very still actor. I tend not to like to move much. [Laughs] **Perry:** Your suggestion is often, "What if I did this scene under the blanket?" **Moss:** [Laughs] Either that or my suggestion is, "What if I'm sitting down?" Sitting in scenes is very important to me. I could even like to lay down a lot of the time. But I fit in a little bit better with Alex and [the cinematographer's] way of shooting this film, which is in a very specific way. It's a little more my style of acting. I like to be very still.



ALEX ROSS PERRY AND
ELISABETH MOSS
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Aries Don't get frustrated about transportation or environmental issues that you cannot control. Relaxing activities will assuage your stress.
- 

Taurus You need to change your situation at home. Strive for a comfortable and efficient setting. Host an event or invite a special someone over.
- 

Gemini Strive to be more accepting. If you overreact, or get rattled over inconsequential matters, you are not likely to receive an invitation.
- 

Cancer Catch up with people you haven't heard from in a while. Don't be nervous regarding the changes heading your way.
- 

Leo A holiday or excursion will introduce you to influential people. Be wary of anyone who pressures you to invest in a business.
- 

Virgo Uncertainty will be a factor today. Deal with what's important to you and get responsibilities out of the way. Then find satisfaction.
- 

Libra Refuse to let others take advantage of you or boss you around. Pointless arguments concerning differences of opinion should be avoided.
- 

Scorpio Invest in your abilities and talents before anything or anyone else. Time spent traveling, learning or teaching will pay off.
- 

Sagittarius Try to look for the positive in every situation. Suspicion, jealousy or a stubborn grudge will give you a sour outlook.
- 

Capricorn If your routine has become stale or unfulfilling, shake things up. Get out with friends, try a new experience or place.
- 

Aquarius Get off the couch and enjoy motivational outdoor activities or challenges. The fresh air will invigorate you and brighten your day.
- 

Pisces It's never too late to make a change. Don't be afraid to explore new career options. Consider making improvements. **EUGENIA LAST**

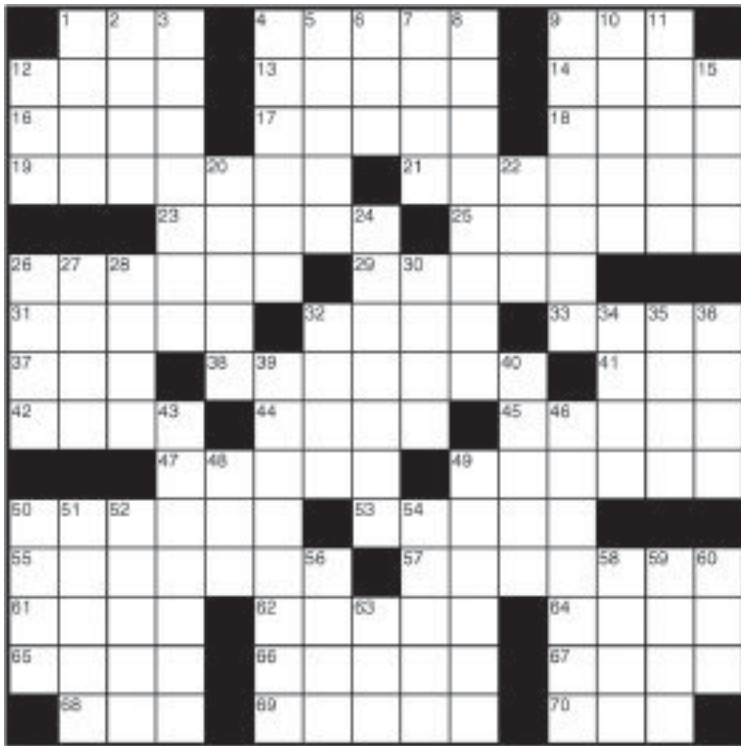
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Across

- 1 Truck mfr.
4 Zen master's poem
9 Tarzan's kid
12 Jetty
13 Burns' partner
14 Colo. acad.
16 Lamb's alias
17 Make purchases
18 Luigi's dollar, once
19 Popular fundraiser (2 wds.)
21 Flood
23 Delicate hue
25 Soup or salad
26 Boss, slangily
29 Athabasca and Titicaca
31 Ivan of tennis
32 Past the deadline
33 Seed cover
37 California fort
38 Soap opera unit
41 Bradbury of sci-fi
42 He loved Lucy
44 Carpenter's tool
45 "The Kiss" sculptor
47 Odd job
49 Planet with rings
50 Relax (2 wds.)

- 53 Spring melt
55 Leaves hastily
57 Like the Cyclops (hyph.)
61 Hot rum drink
62 Wooden horse saga
64 Tilt
65 Patrick's domain
66 — Jean Baker
67 Igneous rock, once
68 Naval off.
69 Aquatic birds
70 Source of iron

Down

- 1 Large lizard
2 Golda of politics
3 Inched along
4 Pester
5 — Centauri
6 Ait, on the Seine
7 Superman alias
8 Put to sea
9 Cattail
10 Basket willow
11 Adventure tales

- 12 Delt neighbor
15 Kismet
20 Grocery section
22 Fish eggs
24 Social ranks
26 Clump of dirt
27 Dog-owner's shout
28 Tackles' neighbors
30 Surmounting
32 "Pants on fire" guy
34 Karachi language
35 Bear's pad
36 Cartoonist — Johnston
39 Bracing
40 Blank a tape
43 Glacial outbreaks (2 wds.)
46 Desdemona's love
48 Croon
49 Fountain favorite
50 Sharpen
51 Cliffside abode
52 Look down on
54 Fertile soils
56 Gin-fizz flavor
58 Wine label info
59 Gutter locale
60 Spiral molecule
63 High dudgeon

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Beauty vlogger Dulce Candy shares how she turned her love of makeup into a full-blown business.

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Beauty vlogger Dulce Candy Tejada Ruiz is riding high off of the release of her memoir/self-help book "The Sweet Life," and she owes it all to her YouTube channel.

As an insecure teenager who was bullied and, for a time, sought solace in painkillers, Ruiz always found joy in experimenting with makeup and different styles. She enlisted in the U.S. Army soon after high school, and her interest in makeup, now blossoming into a full-blown passion, stayed with her even while stationed in Iraq.

She launched her wildly popular Dulce Candy beauty channel in 2008 soon after returning, and life has been

sweet ever since. Ruiz has been featured in magazines like Glamour, was recently a guest on the "Today" show and was named one of Latina Magazine's "Latinas of the Year" in 2013.

Of course, she's hit some bumps in the road; her first smoky eye tutorial got so many negative comments that she took it down. But after learning that subscribers responded positively to her genuine self, Ruiz always put the idea of "being yourself" at the forefront.

"When I realized that what I was saying was touching people's lives, that's when I discovered, 'This is who I am!'" she says. "I was relatable because of who I was."

So how can a YouTube hopeful find success and live the sweet life like Ruiz? We asked her.

Be consistent

"Once you discover [your niche], you have to be really consistent with your work," she advises. "You can't upload one video and come back a month later to upload another one. There's so many

channels on YouTube that people are going to move on to the next thing." With the constant threat of something better around the corner, it's important to quickly grab an audience's attention.

Stay true to yourself...

It's easy to lose yourself in trying to be like other people. YouTube is a place to connect with relatable people, and it was only after Ruiz began acting like herself that viewers took notice. "Stay true to who you are, your voice and what you have to offer."

...But also be careful of what you post

"You have to be very careful with what image you're portraying on your social media outlet," she explains. What you post is a reflection of what you represent. She continues, "It's fine to take shots in the middle of the night, but if you want to have a lasting effect, be more mindful of what you post. A company might not want to work with you because of that."

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• English Links/Inglés Intensivo	SAT	10/10-12/05/15	9am-2pm
• ESL/Inglés como Segundo Idioma	M, W	10/05-12/14/15	6pm-9pm
• ESL/Inglés como Segundo Idioma	T, TH	10/06-12/15/15	6pm-9pm
• HSE English	T, TH	10/6-1/12/16	9:30am-12:30pm
• HSE English	T, TH	10/6-1/12/16	6pm-9pm
• HSE Spanish	M, W	10/5-1/11	9:30-12:30pm
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3

SPORTS

MLB

Yankees, Mets pull big wins

The Yankees put up 20 runs Sunday afternoon in a 20-6 demolition of the Braves. Stephen Drew had a four-hit game, while Chase Headley and Carlos Beltran belted three apiece of their own. Also on the road, the Mets continued their late-summer surge up in Boston with a tight 5-4 win thanks to a late Michael Cuddyer clutch RBI. The Yankees are 1.5 games behind the Blue Jays in the AL East, while the Mets maintain a 5.5 game advantage over the Nationals in the NL East.

Serena, Djokovic favored as 2015 US Open kicks off

Tennis. The national championship of tennis begins this week, and there are several storylines to keep an eye on.

Men's singles

Favorites: Novak Djokovic (No. 1 seed)

Djokovic, the 2011 U.S. Open champ, is attempting to capture his third Grand Slam title of 2015, having already won the Australian Open and Wimbledon. He could face Rafael Nadal in the quarters, last year's surprise finalist Kei Nishikori in the semis and Roger Federer in the final.

"I think I would still put Novak there at the top of the list [of favorites]," reigning U.S. Open champ Marin Cilic said.

Roger Federer (No. 2 seed)

Federer hasn't been to the final here since 2009, but enters with great confidence after beating Andy Murray and Djokovic back-to-back to win in Cincinnati. A six-time U.S. Open finalist in 2004-09,



Serena Williams is in search of an elusive single-season Grand Slam. / GETTY IMAGES

the Swiss has a 72-10 match record at the final Grand Slam championship of the year.

"A confident Roger Federer is fun to watch, and that's what we have at the moment," ESPN's Darren Cahill said.

Andy Murray (No. 3 seed)

The 2012 Open champ comes into Flushing

Meadows as the U.S. Open Series men's champion and will attempt to set a record for the largest payout in tennis history — \$4.3 million. He faces controversial Australian Nick Kyrgios in the first round.

Dark horses: Stan Wawrinka (No. 5 seed)

The French Open champ has captured two majors

since 2014, more than Federer and Nadal combined.

Rafael Nadal (No. 8 seed)

The Spaniard has won twice here (2010 and '13), but his physical style of play has taken a toll.

Marin Cilic (No. 9 seed)

Can he repeat last year's incredible performance and win again?

Women's singles

Favorite: Serena Williams (No. 1 seed)

History is on the line for the three-time defending champ as she seeks the first calendar Grand Slam since Steffi Graf in 1988. She is also looking to tie Graf with her 22nd career major title. "I love winning here, I love playing here and that's all I want to do," she said.

Dark horses: Simona Halep (No. 2 seed)

The Romanian is No. 2 in the world despite having never won a Grand Slam title. She has never been past the 4th round in Queens, but appears to have a clear path to the final.

Maria Sharapova (No. 3 seed)

The Russian bombshell has been bothered by an injured right leg this summer and could face Serena in the semis.

Victoria Azarenka (No. 20 seed)

The 2012 and 2013 Open finalist has fallen in the rankings, but may be Serena's biggest threat.

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Jets training camp

Before ODB, Jets' Devin Smith had catch to remember

Before there was Odell Beckham Jr., there was Devin Smith, now a rookie with the New York Jets.

Beckham, of course, is the Giants wide receiver who pulled off one of the most spectacular catches in NFL history last year in a Sunday night game at the Cowboys.

But two years before that play Smith, then a wide receiver at Ohio State, had his own one-handed effort in the back of the end zone against Miami (Ohio) in an early season home game.



DEVIN SMITH
GETTY IMAGES

His catch was instantly labeled as the "catch of the year" in college football and for good reason.

On this play, Smith was in the back of the end zone with a defender draped on him and he managed to leap up, grab the ball over his head with one hand and keep his feet in bounds.

"It was one of those things where I'm like 'Oh man, the ball is going over my head' so let me just throw my hand up. So I put

my hand up and caught the ball," Smith told Metro.

"That was literally the only way I could get it. Throwing up two hands, I don't think I would have had it. One hand was the only one. I see the ball hit my hand, I felt the ball and squeezed and came down with it."

When asked if he could do it again, Smith flashed a smile and shrugged, saying "I've done it plenty of times." The grin lasted for several moments after he answered.

Smith has speed and was one of the top gunners in the nation last year, a role he said the Jets might ask him to do again this year. He ran a 4.42 in the 40-yard dash. KRISTIAN DYER



The Giants boast one of the deepest groups of receivers in football. / OLIVIA SCHMIDT

Giants wideouts can be explosive, dynamic

NFL. Without a doubt, the Giants' crop of wide receivers is one of the team's biggest strengths.

Sure, there are a few questions surrounding the Giants' wide receiving corps. Like the slow and steady recovery of Victor Cruz (knee and calf), and the sophomore struggles of Odell Beckham Jr., who until the Jets game was held

without a catch in preseason action. But there's a lot of depth in that corps — perhaps the deepest unit on the team.

As many as nine receivers could make the final 53-man roster, since a handful are also special teams contributors. More realistically, six can make the active game-day roster.

Cruz and Beckham are obvious choices to make it, as well as holdover Rueben Randle, who is in the all-important contract year.

"We all have a pretty good grasp of things," Ran-

dle said. "Whoever makes it [final cuts], it's just going to be about going out there and executing. When guys get all healthy enough to stay on the field and get on the field at the same time, it's gonna be special."

The veteran holdovers are on solid ground, but after that it'll be an interesting battle, as it's a pretty solid group of guys who possess size (Corey Washington, Juron Criner and James Jones in addition to Randle) and speed (Dwayne Harris). The veteran Harris will make the roster due to

his return prowess, as the former Cowboy has career averages of 26.5 yards in kickoffs and 11.1 yards on punts. He's also the gunner on kickoff coverage, so his spot is all but guaranteed.

Washington was the preseason darling last year, dazzling fans with acrobatic catches and huge statistical outings. But he's yet to rekindle that magic and is on the proverbial bubble.

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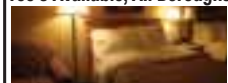
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